

# LYNN COUNCIL ON AGING SENIOR CENTER



## December 2014

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

### From the Director's Desk

Who could believe that another year has flown by? Pretty soon tax season will be upon us! Who knows what the winter will bring- last month we had a 60 degree day and then we pulled out the snow brush.

By the time this newsletter hits the post office, we will have the senior center splashed with decorations covering as much real estate as we possibly can. Then we start a pool to see which day we get the first complaint about enough with the Christmas music! We rotate our festive outfits to bring a chuckle or two. Even with all the festiveness, we worry- and usually it's the simple things- someone we haven't seen in a while, someone who hasn't been feeling good, someone who doesn't do well during the holidays, someone with insecurities; whether food, a place to sleep, medication or ability to get to their appointments. Faithfully we gather resources and maintain our partnerships to help. Even if it's the holiday that's got you down, we're here for you. Even if you don't know what you need or you're looking for, start a conversation with us and we'll keep asking questions until we hopefully get you the assistance you need. We know its tough navigating the systems and we know any little assistance we can give is a big help and relief for you. Don't stick it out alone. Come down the center, or give us a call we're here for you. Warmest thoughts and best wishes for a wonderful holiday and a Happy New Year!

*~Stacey Minchello~*

### From Your Mayor

With the holidays approaching, it is a wonderful time of year to join family and friends and be thankful for all of the blessings in our lives.

To help us get in the holiday spirit, there will be a tree lighting ceremony at City Hall on Dec. 2 at 5:30 p.m. at the top of the Commons.

The Irish Tenors will perform a holiday show at the Lynn Auditorium on Friday, Dec. 5. For information please call the box office at 781-581-2971.

Also on Dec. 5, North Shore Community College students will present oral history stories of notable Lynners as they answer the question: Why Lynn? This is the third year of this collaboration between the Lynn Museum and the North Shore Community College History Department. Held at the museum, the event is free and open to the public.


As the cold weather settles in, you may want to escape to the beach by looking at masterworks by highly acclaimed Lynn beach painters Nathaniel Berry, William Burpee, Edward Burrill, C.E.L. Green, T.C. Oliver, Edward Page and Charles Woodbury on display at the Lynn Museum. Exhibit curator Abby Battis will give a special tour on Dec. 12 at noon. Roger Howlett, author of *The Lynn Beach Painters: Art Along the North Shore 1880-1920*, will give a presentation on Dec. 10 at noon, exploring the influence of the sea and Lynn's great history of seaside painters.

Stay tuned for the annual Holiday in the Square, which will feature the Central Square tree lighting, a visit from Santa, ornament making, singing and dancing and holiday shopping. The LynnArts Fabulous Holiday Show and Sale will be running throughout the month. It is a wonderful time to visit the gallery and stock up on affordable, original art and gifts. The Visionspace gallery, across from City Hall, will also be hosting its holiday exhibit and sale, with an opening reception on Dec. 13 at 6 p.m.

For many of us, the season is made more meaningful by observance of a religious holiday. So whether you celebrate Hanukkah, Christmas, Kwanzaa, Las Posadas, or any other holiday, here's hoping you have a blessed and fulfilling season.

Mayor Judith Flanagan Kennedy

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## Lynn Council on Aging Senior Center

### Publication funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

### Meet the Staff:

Stacey Minchello  
Director 781-599-0110 ext. 503  
Rosa Paulino-Diaz  
Assistant 781-599-0110 ext. 625  
Kristi Harris  
Assistant 781-599-0110 ext. 618

### Hours of Operation:

Monday thru Friday  
8 a.m. to 4 p.m.

## LCOA Board of Directors

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Meets 4th  
Wednesday  
monthly at  
1:30 p.m.

## FRIENDS of LCOA Executive Board

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President  
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Meets last  
Thursday  
monthly at 10 am

## The Kiosk for Living Well

Each month, Sylvia, a "MoveSafe" Counselor visits **The Kiosk for Living Well**. Sylvia works with individuals and groups to assess balance and mobility concerns and to develop programs that promote health and ease of movement. She's trained as a Falls Prevention expert and in the last couple of months has worked on balance issues with scores of people. If you would like to meet Sylvia to strengthen your balance or to discuss any aspects related to mobility she's eager to work with individuals and groups. She will be at The Kiosk on Thursday, December 11 between 10:00 - Noon.

Too busy with the holidays? Sylvia will visit again on Monday January 8 between 10:00 and Noon.

**The Kiosk for Living Well is open to everyone every Tuesday and Thursday from 10:00 to Noon. Supervised Kiosk exercise classes also take place on Tuesdays and Wednesdays from 12:30 to 1:30.**

## DECEMBER HAPPENINGS

Trip sign-ups begin, Weds, Nov 26th

- Tues, Dec 2 Birthday Karaoke with Holiday sing a longs! 11:30 a.m. – 1:00 p.m.
- Weds, Dec 3 **FOOD STAMPS OFFICE HOURS** 9:00 a.m. – 12:00 p.m.
- Weds, Dec 3 Free Seminar: Stress Relief – Positive Boundary Issues**  
 9:45 am Game Room: Brought to you by the  
 North Shore Community College Occupational Therapy students
- Weds, Dec 3 Free electronic clinic** 12:30 pm – 1:30 pm  
 Bring your tablet or cell phone and get assistance  
 from a Fecteau Leary student.
- Tues, Dec 9 **Lunch Trip:** Longhorn Steak House \$2 10:30 am – 2pm
- Tues, Dec 9 **Blood Sugar AND Blood Pressure Clinic** 8:00 a.m. – 9:30 a.m.
- Tues, Dec 10 Holiday Party Center opens at 10 am
- Mon, Dec 15 Coping with the Holidays, caregiver stress. 9:30 am Game Room  
 Brought to you by Care Dimensions
- Mon, Dec 15 Women's Group Meeting** 10 am – 11 am
- Tues, Dec 16 Field Trip: LaSalette Shrine, Attleboro \$5** 12pm  
 12pm Leave Lynn - Lunch on own in Attleboro  
 Lights 5pm - Approximate departure time 6:30pm
- Weds, Dec 17 Free electronic clinic** 12:30 pm – 1:30 pm  
 Bring your tablet or cell phone and get assistance  
 from a Fecteau Leary student.
- Thurs, Dec 18 Holiday Show- North Shore Songsters** 12pm
- Fri, Dec 19 BROWN BAG: BOSTON FOOD BANK** 10:00 a.m. – 12:00 p.m.
- Mon, Dec 22 **Shopping: Liberty Tree Mall** \$2 10 am – 2pm
- Thurs, Dec 25 Merry Christmas!** Center is closed
- Tues, Dec 30 **Mary's Hearing Clinic** walk ins welcome 9:00 a.m. – 10:00 a.m.
- Weds, Dec 31 Countdown to 2015!** 11:30 am  
 Entertainment by Bill Foley  
 Appetizers and sparkling champagne by Jesmond Nursing Home

The Friends of the Lynn Council on Aging would like to wish you all the happiest of a holiday season!

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# DECEMBER 2014

MONDAY	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Crispy baked fish Sweet potato wedges Italian blend vegetables WW bread Pudding ALTERNATIVE Jerk chicken Rice & beans	<b>2</b> Shepherd's pie Caesar salad/dressing WW bread / Fresh fruit ALTERNATIVE Latin style pork Potato	<b>3</b> Roast turkey/gravy Vegetable rice pilaf Capri blend veg. WW bread Cookie ALTERNATIVE Southern baked fish Plantains	<b>4</b> Baked ziti/tomato sauce Garden salad/dressing Italian bread / Fresh fruit ALTERNATIVE Chicken picatta Pasta	<b>5</b> BBq pulled pork Rice & beans/Spinach WW bread Fresh fruit ALTERNATIVE Sancocho(chicken stew) Rice & beans
<b>8</b> Chicken/ broccoli alfredo Pasta Capri blend veg. Italian bread Pineapple ALTERNATIVE Eggplant parmesan/ Marinara sauce	<b>9</b> Southern style cod filet Rice and beans Spinach salad/dressing WW bread Fresh fruit ALTERNATIVE Stewed beef Rice and beans	<b>10</b> Pasta/meatballs Tomato sauce Cauliflower/red peppers WW bread Pudding ALTERNATIVE Braised chicken/ Jicama lime slaw	<b>11</b> Cumin roasted pork Caesar salad/dressing Chipotle sweet potato WW bread Cookie ALTERNATIVE Turkey chili / Caesar salad	<b>12</b> American chop suey Broccoli Rye bread / Fresh fruit ALTERNATIVE Spicy black bean wrap/Cheddar cheese
<b>15</b> Boneless pork chops Garlic mashed potatoes Collard greens WW bread Fruit cocktail ALTERNATIVE Veggie burger Seasoned potato wedges	<b>16</b> Macaroni and cheese Garden salad/dressing WW roll Fresh fruit ALTERNATIVE Chicken teriyaki/rice Stir fry vegetables	<b>17</b> Salmon/dill sauce Mashed sweet potato Mixed vegetables Muffin Pudding ALTERNATIVE Turkey/creole sauce Chipotle sweet potatoes	<b>18</b> HOLIDAY SPECIAL Roast beef/gravy Red potatoes Peas and pearl onions Dinner roll Gingerbread cookie	<b>19</b> Turkey milanese Vegetable rice pilaf Carrots Rye bread Fresh fruit ALTERNATIVE WW cheese pizza Fresh fruit
<b>22</b> Cheese lasagna/ Tomato sauce / Spinach WW bread Pudding ALTERNATIVE Creole fish Rice and beans	<b>23</b> Roast pork/gravy Mashed potatoes Caesar salad/dressing Italian bread Fresh fruit ALTERNATIVE Baked tomato chili Chicken Yellow rice	<b>24</b> Lemon and garlic chicken Candied yams Broccoli WW bread Brownie ALTERNATIVE Curried beef Chipotle sweet potatoes	<b>25</b> HOLIDAY	<b>26</b> Beef stew Beets WW bread Fresh fruit ALTERNATIVE WW cheese pizza Fresh fruit
<b>29</b> Roast turkey Florentine Sour cream dill potatoes California blend veg. WW bread Pudding ALTERNATIVE Stewed goat	<b>30</b> Cheese tortellini/ Meat sauce Spinach salad/dressing Italian bread Fresh fruit ALTERNATIVE Tilapia/tomatilla salsa	<b>31</b> Latin style pork/gravy Mashed sweet potatoes Capri blend vegetables Rye bread Cake ALTERNATIVE Turkey/creole sauce		Requested Donation is \$2.00 per meal

# SENIOR CENTER ACTIVITIES • DECEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 COMPUTER CLASS #1
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	10:45-12:30 LUNCHEON
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 VIDEO EXERCISE (IN2L)	12:00-1:30 FREE DANCE LESSONS	11:15-12:15 COMPUTER CLASS #2
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	1:00-3:00 JAPANESE BUNKA EMBROIDERY	11:30-12:15 EXERCISE CLASS
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER	2:00-3:00 HORSE RACE GAME	1:00-2:45 BINGO
	12:00-2:45 POKENO			
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			

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APARTMENTS

## CASINO TRIPS

Departs from Lynn  
Senior Center

**Foxwoods \$27**

7 am - 6:30 pm

Tuesdays: Nov. 18

Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip. Sign up in person at the senior center. OR Mail in your registration and check.

*Bonus package:  
\$10 food coupon for retail food vendors  
or free buffet  
Plus \$10 bonus slot play added to your  
rewards card on the bus before entering casino.  
Remember to bring your rewards card!*



Casino Trips from Revere

**Mohegan Sun \$25 plus tip**

10:00 a.m. - 6:30 p.m.

Dec. 9 & 23

**Twin River \$25 plus tip**

10:00 a.m. - 6:30 p.m.

Dec. 4 & 18

Casino Trips from REVERE!



**Now Express!! Straight run -  
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Elaine at 781-289-6144**

**for reservation, questions, and  
pick up location/parking.**

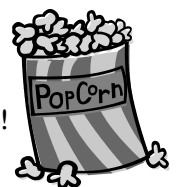
## MOVIES...every Wednesday @ 1:00 p.m.

### Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Dec 3	A Christmas Story	PG	1983	93 mins
<b>Dec 10</b>	<b>No movies due to the Holiday Party</b>			
Dec 17	It's A Wonderful Life	NG	1946	132 mins
Dec 24	Polar Express	G	2004	100 mins
Dec 31	An Affair to Remember	NR	1957	114 mins



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.



## COMPUTER CLASS NOTICE

We regret to inform you that we actively recruiting new computer instructors and will keep you posted as to

## FREE WORKSHOP

### GLSS OFFERS FREE WORKSHOP FOR ALL ADULT CANCER SURVIVORS

Greater Lynn Senior Services (GLSS) is offering a free, evidence-based workshop for cancer survivors and their caregivers called Cancer: Thriving and Surviving. The workshop will be held at GLSS' offices located at 8 Silsbee Street on Wednesdays from January 7 through February 11 from 10:00 a.m. –12:30 p.m. **For more information or to register please contact Kelsey Spotts, 781-586-8530.**

In just 6 weekly meetings, this workshop is proven to help Cancer survivors live more active, fulfilling lives. The classes are small and supportive which helps encourage new friendships with people who understand how you feel. The environment allows for participants to share what they know and learn from others who are living with similar challenges.

## Benefits Check Up

Millions of senior and adults with disabilities qualify for but are not enrolled in programs that could help them pay for prescription drugs, medical care, food or heat for their homes. Benefits check up is a free confidential online service. To see if you qualify for benefits, take the first step toward applying, go to: [benefitscheckup.org](http://benefitscheckup.org)

If you do not have access to a computer or need assistance, call the senior center and make an appointment with us.



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## Wellness Watch December 2014

It is officially the Holiday season. As invites to parties arrive and dinner plans are made it is a great time to try some new recipes. Chicken is a great choice for a holiday meal because it is low in fat. Mashed cauliflower is an excellent alternative to mashed potatoes as it is lower in carbohydrates and high in vitamin C. Finding healthier alternatives to classic holiday favorites are a great way to cut down on sugar, fat and calories. Try looking up new recipes and try one today!

### Lemon and Thyme Chicken

#### Ingredients:

1 Roasting Chicken  
2 tsp paprika  
2 tbsp thyme  
1 tsp salt  
1 tsp black pepper  
2 lemons  
1 tsp olive oil  
2 tbsp flour  
½ cup dry white wine  
1 cup chicken broth  
1 tbsp lemon juice  
2 tsp sugar  
Lemon slices (decoration)  
Thyme sprigs (decoration)

Preheat oven to 425 degrees

Remove and discard giblets and neck from chicken. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Combine the paprika, 1 tablespoon thyme, 1/2 teaspoon salt, and 1/4 teaspoon pepper; rub under loosened skin. Thinly slice 1 lemon; arrange slices under loosened skin. Cut remaining lemon into quarters. Place lemon quarters inside chicken cavity. Add the remaining 1 tablespoon thyme to chicken cavity.

Place chicken on the rack of a broiler pan or roasting pan coated with cooking spray. Brush oil over skin. Cover chicken with aluminum foil. Bake at 425° for 30 minutes. Uncover and bake 50 minutes or until an instant-read thermometer inserted into thigh registers 165°. Transfer chicken to a cutting board; cover with foil, and let stand 15 minutes before carving.

Place a zip-top plastic bag in a 2-cup glass measure. Pour drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings into measuring cup, stopping before fat layer reaches opening; discard fat. Place pan on stove top over medium heat. Sprinkle flour into pan. Add wine; bring to a boil, stirring constantly with a whisk. Add drippings, broth, juice, sugar, remaining 3/4 teaspoon pepper, and remaining 1/2 teaspoon salt to pan, stirring constantly with a whisk until slightly thickened. Remove from heat.

Remove skin and lemon slices from chicken, and remove lemon wedges from cavity; discard. Carve chicken, and arrange on a serving platter. Serve with gravy. Garnish with additional lemon slices and thyme sprigs, if desired.

### Garlic Mashed Cauliflower

#### Ingredients:

2 heads cauliflower  
4 cloves of garlic, minced  
¼ C milk  
2 tsp Salt (to taste)  
Freshly ground pepper (to taste)

Chop the cauliflower into large chunks and set to boil in a pan (about 5 quart capacity) until the cauliflower is soft. This should take about 10 minutes.

Strain all the water out and dump the cauliflower into a large bowl. Using a potato masher, mash the cauliflower until it's an even consistency. If you would like, you can puree it using an immersion blender or a food processor.

Mix in the minced garlic and the salt and pepper (a little bit at a time.) Add the milk slowly until it reaches your desired consistency. You may not need it all.

*Kelsey Spotts-*

*Healthy Living Program Community Coordinator*



## Baking Christmas Cookies

Y E S Z F H G U O D H V F E T Z Z J S  
 S G C M K H U P E A N U T B U T T E R  
 I B S N I B B L E W F A M I L Y L T Q  
 G L T G G G I N G E R B R E A D A I N  
 F W U N N C D A K O O B K O O C K R L  
 C O O L I N G Z C N S N A O A I V O T  
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 S J U H S Z D U J M R R R C P N E A F  
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 E G D U F S N A C K N E O Y C K B I C  
 T E G V G I M I X E R U M B A L L S Q  
 M E X I C A N W E D D I N G C A K E S  
 M I F C P S R V K R T Y T U E Y F G S

cutouts

chocolate chip

Mexican wedding cakes

recipe

kitchen

decorate

bowl

mixer

fudge

gingerbread



peanut butter

flour

sugar

eggs

rum balls

snickerdoodle

delicious

mint

sweet

nibble



frosting

snack

dough

sprinkles

family

tray

baking

cooling

cookbook

favorite

## **Avoid Identity Theft!**

You're entitled to one free copy of your credit report every 12 months from each of the three nationwide credit reporting companies. Order online from annual-creditreport.com, the only authorized website for free credit reports, or call 1-877-322-8228. You will need to provide your name, address, social security number, and date of birth to verify your identity. It's a good idea to pull it and ensure that the information on all of your credit reports is correct and up to date.

**\$\$\$**

**The State Treasurer's Office oversees over \$2 billion in unclaimed money.**

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## **Thank you!**

**On behalf of the Friends of the Lynn Council on Aging and the Lynn Senior Center, we are grateful for our local business supporters who donated gift cards, certificates, and goods. Please patronize these businesses. Thank you!**

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***On behalf of the Friends of the Lynn Council on Aging and the Lynn Senior Center, we are grateful for our local business supporters who donated gift cards, certificates, and goods. Please patronize these businesses. Thank you!***

## IN LOVING MEMORY

In appreciation of the entire Senior Center Staff  
for all they do for all of us.  
Wishes for a Blessed Holiday and a Happy New Year!  
~Barbara McBride

In loving memory of my wife, Dr. Thelma Berger

~ Dr. Harvey Berger

Thank you for your donation.

~Irene Noel

Thank you for your donation.

~Sophie Karampoulis

In loving memory of George Walker

~Mary Walker

Thank you for your donation.

~Sandra Kinnally

In loving memory of Mike Gauvain

~Gail Gauvain

## DEDUCTIBLE DONATION

GE matches all donations made  
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

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# Hair Salon

## SOPHIE'S SALON

WEDNESDAYS  
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

## MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS  
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### EYEGGLASS CLINIC

December 2nd

10:00 am—11:00 am

By: Mr. Specs



### BLOOD SUGAR & BLOOD PRESSURE

December 9th

8:00 am—9:30 am

\*note time change\*

Nurse available for any health questions.



### HEARING CLINIC

December 30th

9:00 am—11:00 am



### PODIATRIST

December 4th & 18th

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card



### MASSAGE THERAPY

1:00 pm—3:00 pm

Call for an appointment.



## LYNN COUNCIL ON AGING SENIOR CENTER

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